

HealthWorks

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Health and Salvation *yeshuah*

The Hebrew word for health is *yeshuah*. This is the same word as for salvation shown in Young's Concordance [*Young's Analytical Concordance to the Bible*]. This reflects a basic truth that health and salvation go together.

Health is to our physical bodies what salvation is to our souls. Christ often linked them in His ministry, as with the leper who came back to thank Him (Luke 17:19).

It can be that way for us too. The greatest health discovery we can make is that God designed the body for self-healing and we can regain our health as we harmonize our habits with natural laws of the body—like salvation comes with repentance and willing compliance with God's moral laws.

Like the leper, gratitude is a key ingredient. The goodness of God leads to repentance (Romans 2:4). It helps us conform to God's law. So with our bodies, gratitude helps us to comply with a positive lifestyle.

Rather than live as we please and take drugs to relieve our symptoms, we want wisdom to live in harmony with God's laws—natural and moral.

Some are doing the best they know, but are having trouble. Here's a topic that may help:

Curses, Causes ... Favorite Foods

The wise man said, "The curse causeless shall not come" (Proverbs 26:2).

Favorite foods are more likely to be eaten excessively and we can become allergic to them. Our immune system then relates to the food as a poison and we build tolerance to it, like the tolerance the body builds to nicotine.

But people don't feel sick when they smoke—they feel sick when they quit—they experience withdrawal symptoms. That's the way food allergies work—symptoms are delayed.

What symptoms are we talking about? Any condition for which your doctor does not know the cause may be allergic. Medical textbooks are loaded with diseases of "unknown etiology"—no known cause. And if they don't know the cause, how can they know the cure?

The prescriptions then are not rational or addressing the cause, but symptomatic, to help you feel better while doing worse (i.e. continuing your abuse of favorite foods while your chronic condition only gets worse). Allergies to foods or chemicals in your environment can cause:

- ✧ Headaches, nervousness, insomnia, or hyperactivity;
- ✧ Sinusitis, bronchitis, asthma;
- ✧ Swelling, food cravings, obesity and hypoglycemia;
- ✧ Digestive disorders, gastritis and colitis (diarrhea);
- ✧ Arthritis and joint pains; and/or
- ✧ Chronic fatigue and dizziness.

Drugs (prescription or over-the-counter) muddy the water and help you feel better while your condition worsens and soon the medicine does not seem to help as it did.

The best time to detect the cause of a problem is when you first notice it.

What are the factors associated with it?

Is there anything that seems to bring it on or relieve it?

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yeshuah

Keep a notebook and write down everything related to the remedies described in *The Ministry of Healing*. “Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power—these are the true remedies” (MH page 127).

True remedies address the true causes. If we have a problem, and if we are honest with ourselves, we should be able to discover the cause and address it without pharmaceuticals.

Usually it is not a lack of sunlight, air or water that causes our symptoms. We might cope better if we got more fresh air, sunlight and water, but usually their lack is not the cause.

Similarly, our symptoms are not usually caused by lack of rest, exercise or trust in God. More sleep and exercise may help us feel better, but they aren't the causes of most chronic disease.

This only leaves two remedies to consider—proper diet and abstemiousness. We are to abstain from drugs and stimulants, but we could be overlooking foods that we use for a lift and to which we have developed an addiction.

They taught us in medical school that a dog can have fleas and ticks. In a similar sense, we can be allergic to a number of favorite foods that we've been eating excessively.

But how would we know unless we are willing to part company with that food for five days? Like the Five Day Plan, it takes five days to get nicotine or the effects of some food to which we are allergic out of the body.

Like tobacco, if you quit a favorite food and feel worse for the first several days, you are on the right track! By the fourth or fifth day, you should be over the hump and feeling better.

The strategy is to eliminate as many of your favorite foods as possible while using a rice-based diet for a few days, with fruits or vegetables that you don't eat so often—they are less likely to be the cause of your symptoms.

When you have eliminated your usual diet and are feeling good, re-introduce your usual foods one each day and note which foods cause symptoms the next day. Ask God for wisdom as you experiment. Food can be the unexpected cause of dis-ease.

After determining the cause, you will need to read labels because even a small amount can give you trouble—people die of bee stings (tiny amount) to which they are allergic.

Charcoal tablets, capsules or powder stirred into water can help to reduce a reaction to a food you are allergic to. If you sense a familiar symptom developing, try this good remedy.

The American Academy of Environmental Medicine represents a group of specialists who are better at finding the cause of your symptoms than most MDs. You may call them for a practitioner near you (1-316-684-5500).

Testing can be expensive. Rather than paying for many exotic foods you do not eat, ask (insist?) that they test only for foods you eat often.

Dr. Richard Ruhling is board-certified in internal medicine, but he now believes internal medicine is risky and that food should be our best medicine. He offers his Total Health Seminar to churches for a health emphasis on Sabbaths at no charge. For further information email Ruhling7@juno.com



UPCOMING HEALTH MINISTRIES-RELATED EVENTS:

July 14-17, 2006Conference on Tobacco in Washington, D.C.

September 6-11, 2006Health Summit North in Montreal, Canada

October 18-23, 2006Health Summit West in Portland, Oregon

January 28-February 3, 2007Health Summit in Orlando, Florida

July 12-15, 2007Conference on Addictions at Andrews University

Register at www.plusline.org/events.php

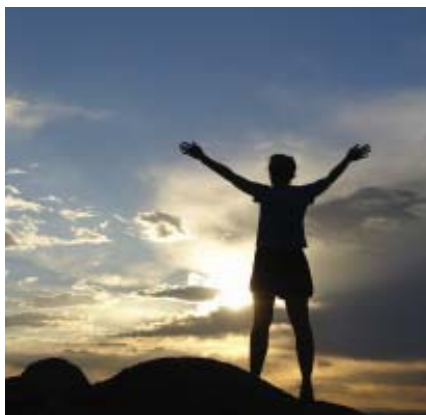
Sunlight

It's more than you think!

When summer draws to a close, you may have less opportunity to tan and may become afraid of skin cancer. High skin cancer rates followed the switch from saturated fats to polyunsaturated oils for lower cholesterol. The oils in the skin, particularly those that are processed with heat and altered chemically to trans fats put us at risk. These trans fats react to ultraviolet light and can be a factor in developing skin cancer.

Minimizing oils, dressings and fried foods can cut our risk of skin cancer as well as obesity with its myriad problems. Use of herbs in seasoning can help the salad or potatoes. Other options include Brewers yeast, cottage cheese, beans, olives or seeds like sunflower as a source of wholesome fat.

While sunlight is good, sunburn is bad. Redheads and blond people are especially at risk for burning and for skin cancer that comes more often to those who burn. The form most to be aware of is melanoma which is noticed as a change in a brown mole that becomes darker with the pigment extending into the surrounding tissues. If this happens, you should see your doctor.



Sunlight has many benefits. Here are a few:

- ❖ Sunlight lowers cholesterol by changing it to Vitamin D. Vitamin D fights osteoporosis by retaining calcium; it also increases interleukin-10, an anti-inflammatory agent.
- ❖ Sunlight lowers blood pressure and resting heart rate.
- ❖ Sunlight helps our stress hormones and attitudes.
- ❖ Sunlight kills bacteria, fungi and viruses.
- ❖ Sunlight calms nerves and helps sleep.
- ❖ Sunlight increases melatonin that also benefits the body.

Don't let Fall catch you without a tan. Think of it as a stored form of sunlight that lasts through winter!

Physical & Spiritual Constipation

A tribal chieftain came to my missionary friend in Africa asking for help with his problem—constipation. Knowing the African diet to be rich in fiber, Dr. Lamp asked how much water he drank. Oh, he never drank the stuff. Well, guess what the prescription was! The chieftain left very disappointed in the remedy, but returned a week later all smiles. Water is absorbed by the fiber in the bowel and makes regularity easy for those on high fiber diets.

There are two seas in Palestine. One sea has fish, and birds fly over head. Bushes grow on the banks and the air is fresh. The other sea has no fish, birds or bushes. The place seems dead—it's the Dead Sea. What's the difference?

The Sea of Galilee receives streams, but takes to give—it balances its intake with outflow to give to the Jordan River that flows from Galilee to the Dead Sea. The Dead Sea has no outlet. It only takes.

Fundamental Concept:

To give is to live; to keep is to die.

To live better, let's find a way to balance our intake with our output. Sharing is part of the great circle of life, with praise returning to our Creator who is worthy of our deepest praise. Do you know someone who needs this information? Why not post a copy on your church bulletin board!

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Beat the Heat



We listened to an outstanding speaker give advice on beating the heat. We were amazed that a medical expert could address the heat wave and even loss of life with barely a mention of drinking water. The body's temperature regulation is based on insensitive losses of heat and water that are crippled without adequate intake of water.

Small children and elderly are most vulnerable. Temperature can soar when we get dehydrated. And when fever is high, a tepid or cool bath is helpful. Jump in the shower and dress with cool cotton instead of nylon, rayon or synthetics.

For further help, avoid foods high in fat content. Fat has twice the calories and it burns differently inside the body, creating an increase in body heat. Eat more fresh fruit and less cooked food. This will keep your house cooler too, along with closing the curtains on the south and west side and closing windows when it's hot outside, and opening them when it's cool.

THINK TWICE TWICE

WE'VE BEEN CONSIDERING PHYSICAL PROBLEMS, but let's not forget the spiritual dimension. There is often a connection so that a physical problem can also mean a spiritual one.

And rather than look for something to help a symptom, let's look for causes and eliminate them.

Natural remedies make sense and bring supernatural results when we apply them to the spiritual dimension as well:

PURE AIR

Are we living also in the atmosphere of heaven? "In Thy presence is fullness of joy; at Thy right hand there are pleasures for evermore" (Psalm 16:11).

SUNLIGHT

Son light. "The cross is a revelation to our dull senses of the pain, that from its very inception, sin has brought to the heart of God" and to Christ as the Lamb "slain from the foundation of the world" (Revelation 13:8).

ABSTEMIOUSNESS

Health does not come from "moderation in all things," because smoking or drinking poison moderately is against health. Temperance means self-control and is in the middle of Peter's ladder of sanctification in 2 Peter 1:6.

REST

Rest is the key to restoration. We arrest injured tissues with a bandage or sutures for healing. Broken bones are arrested in a cast. After six days, even God rested. Let us join Him in celebrating His perfect work, "Being confident of this very thing, that He which has begun a good work in you will perform it ..." (Philippians 1:6).

EXERCISE

Practical work outdoors is one of the best forms of exercise. "Where there is no active labor for others, love wanes and faith grows dim." (*The Desire of Ages*, page 825, Ellen G. White)

PROPER DIET

I have a rutabaga that I plan to cook and it will have some nutrients that I don't normally get. "Man shall not live by bread alone" suggests a wide range of truth that we need to consider from Old Testament as well as the New.

WATER

Think how good your skin feels after a bath. Drink water to give your internal cells a bath. "If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness." (1 John 1:9)

TRUST IN DIVINE POWER

A truss made of beams can support a bridge or building. Do our lives reflect trust in God and the remedies He has provided? Our salvation depends on the cross as His remedy to awaken our repentance. (Romans 2:4)